

MARCH

2026

AWARE!

Philadelphia Area Intergroup's Monthly Newsletter | Overeaters Anonymous®



Step 3

Made a decision to turn our will and our lives over to the care of God as we understood Him.

Spiritual Principle

Faith



Tradition 3

The only requirement for OA membership is a desire to stop eating compulsively.

Spiritual Principle

Identity



A POWER GREATER

Leap and the net will appear.

I love that phrase, and the sense of joyful abandon it conjures. *All will be well*, it suggests. *Take the plunge and trust that you'll be okay*. Great! I will! If somebody shows me how. Also, am I allowed to wear a parachute in case the net malfunctions?

I had the same sorts of questions (and qualms) when I first encountered Step 3: What does it mean, exactly, to turn our lives and our will over to God? How do I know if I'm doing it right? Are there directions? Maybe an Allen wrench?

Well, no. It's an internal process. It hinges on what we choose to believe: about ourselves, about the wider world, about the universe and our place in it, about whether or not there is a grand design, and if so, its origins.

It is a lot to consider. Some of us believe that God is a deity. Some believe that God is a force for good. Some believe that God is everywhere, in everyone and everything. Some of us believe in God but reject organized religions that seem to have rejected *us*.



Some of us aren't believers, or we believe that God is unknowable. Some of us are seekers. Whatever the case, a growing number of us seem to prefer the phrase "Higher Power," an inclusive term members have long used to describe not only the God of their understanding, but increasingly, and in no particular order, alternative sources of power: nature, joy, peace, intuition, creativity, a boundless universe, the ocean, the sky, science, the arts, the meetings themselves, inspiration, humanity's capacity for selflessness and love, and so on. Whew! The list appears nearly infinite, and it's as diverse and nuanced as our membership. Each entry suggests a reliable, benevolent force larger than we -- to connect with, depend upon, and draw strength from.

Spring is here! Almost.



From the World Service Office:



“OA’s newest interactive PDF can help service bodies welcome newcomers into a relaxed and inviting virtual setting and acquaint them with aspects of the OA program. The Virtual Welcome Room interactive PDF and its supporting document, Virtual Welcome Room Procedure, are now available in the Document Library. Together, they can help us give memorable guided tours of the OA resources most relevant to the newcomer, including:

- The Twelve Steps
- The Twelve Traditions
- The Twelve Concepts of OA Service
- OA literature
- The OA Quiz
- Find a Meeting
- The OA Promise and Responsibility Pledge
- OA regions” *

To read more, and to access the interactive PDF, click [here](#).

*Text and image ©OA.org, A Step Ahead News, January 20, 2026

FIND A MEETING - PHASE TWO IS UNDERWAY

January 2026: We’re making great progress on improving the Find a Meeting search, with major enhancements expected to release in mid-March. In the meantime, please make sure your meeting information is up to date to help ensure a smooth transition. As of the end of 2025 we have collected **\$22,566** toward our \$75,000 goal. We hope you will be as excited as we are about the changes your support is making toward our outreach to those who are seeking a solution to our common problem.



With Your Help, We Can Provide:

- 📍 **More meeting details:**
 - Accessibility information
 - Location specifics
 - Group name
 - Duration - how long
 - Frequency - how often
- ⚡ **Improved speed & reliability**
- 🔄 **Easier meeting updates**
- 🔍 **Enhanced search capabilities**
- 📱 **Better smartphone display**

Together we can reach \$75K- Every Contribution Matters!

- Go to oa.org/contribute
- Specify "Find a Meeting Improvements"
- Contributions by mail are welcome

CONTRIBUTE ❤️



OVEREATERS 6075 Zenith Ct NE
ANONYMOUS, Rio Rancho, NM 87144 USA

Phase 2 of OA’s improvement to its *Find a Meeting* feature continues. Improvements like this one take time and resources over and above OA’s budget. If you can donate, please consider it. The easier it is for people to find a meeting, the more members we can welcome to our ranks. Imagine if when we felt desperate, we had nowhere to turn. For many of us, OA saved our lives. Let’s help to carry the message.

Have you taken a look at OA’s *Lifeline* online blog lately? Stories galore! During a quick review of today’s front page, we saw stories about how embracing surrender helped a member to overcome a persistent habit; how working his program helped a member to develop and grow; a prayer for healthy eating; and how complacency led one



member to relapse (but now she’s back)! Stories inspire and motivate us. Take a peek [here!](#)

Sometimes we draw conclusions about our HPs only to find that our initial impressions have shifted, and that the nature of our HPs have, too. Is that okay? Sure! It's not like switching cable companies. In periods of transition, we talk to our sponsors and our fellows. We write. We pray, and confer with those in our spiritual communities if that's how we roll. Or we meditate, going inward to decide for ourselves what works, and how.



The ever-widening diversity of belief systems in our membership is a wonderful thing. **Is our fellowship broadening its reach in response? And if so, will its reach be expansive enough to include all of us?** News from OA's World Service Office and the WSO's Business Conference, coupled with proposed changes to OA's by-laws suggest that the answer is yes, to both.

Still, just as we need time to figure out what and how we believe, ours is a large membership organization that requires time to adjust. Can we aid in that process? Absolutely. If we want to join other members in making our voices heard, we can do so by performing service above the group level, where changes are proposed and group-conscience decisions are made. Or we can heed the call of our service bodies when they ask for direct contributions from us.

Which brings me to the flyer from the WSO on page 4. OA is committed to publishing a secular daily reader similar to *For Today* and *Voices of Recovery*, but without any sort of religious subject matter. Take the leap and make a contribution with your story! Sharing about what works for you may help other members discover their net.

Hooray for fellowship!

- A grateful seeker ♥



Looking for more news from OA's World Service Office? Check out [A Step Ahead News](#) for regular updates from the WSO on a myriad of subjects.

As emphasized in the story above, ours is a membership organization. All changes affect us, our groups and our fellows! See page two for a brief look at some of the news from the WSO.

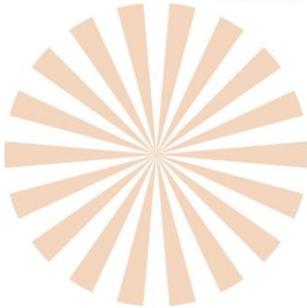
CALL FOR SHORT STORIES FOR OA'S NEW DAILY READER!

Hey there! We're excited to create a new daily reader that reflects the wide range of beliefs in our OA community. If you come from a secular or non-traditional background—whatever that means to you—we'd love to hear your voice.

We want to create something that can inspire anyone, regardless of belief or non-belief. Share a meaningful quote from OA literature and let us know how it supports your recovery journey in your own words. Just keep it under **two type-written pages** and **leave out any religious references**, and you're all set.

We can't wait to see what you contribute!

**SUBMIT VIA JOTFORM BY
JUNE 1, 2026:**



<https://form.jotform.com/220035565825050>

Please note: Submissions are assumed intended for publication, are edited for length and clarity, become the property of OA, Inc., and will not be returned. All languages welcome!

To read more about this initiative at oa.org, click [here](#).

Overeaters Anonymous

A Design for Living

Join us for an Open Meeting to support one another on the journey of recovery from compulsive eating.

Weekly on Wednesdays

Starting Wed Nov 12th, 2025
at 6:30 pm

Free street parking



Weavers Way Germantown
Community Space,
326 Cheltenham Ave,
Philadelphia PA 19144



Nicole C - 401-651-2202

Together we recover

PAIG's newest
meeting!



www.oa.org

A Design For Living

Saturday, March 21 from 4 pm - 10 pm EST
Sunday, March 22 from 10 am - 4 pm EST



≡ Details

Join us for a 2-day virtual retreat!

Day 1:

Saturday, March 21st from 4 pm EST – 10 pm EST

Day 2:

Sunday, March 22nd from 10 am EST – 4 pm EST



Recovery Talks

Hosted by
Central Ontario Intergroup
oaontario.org

Acceptance is the Answer

Date:

Sunday, March 29, 2026 2 – 3 p.m. EST

Location

Zoom:

Meeting ID: 901 265 2959

Passcode: hello

Numerical passcode: 575553

No pre-registration and no maximum number of participants.

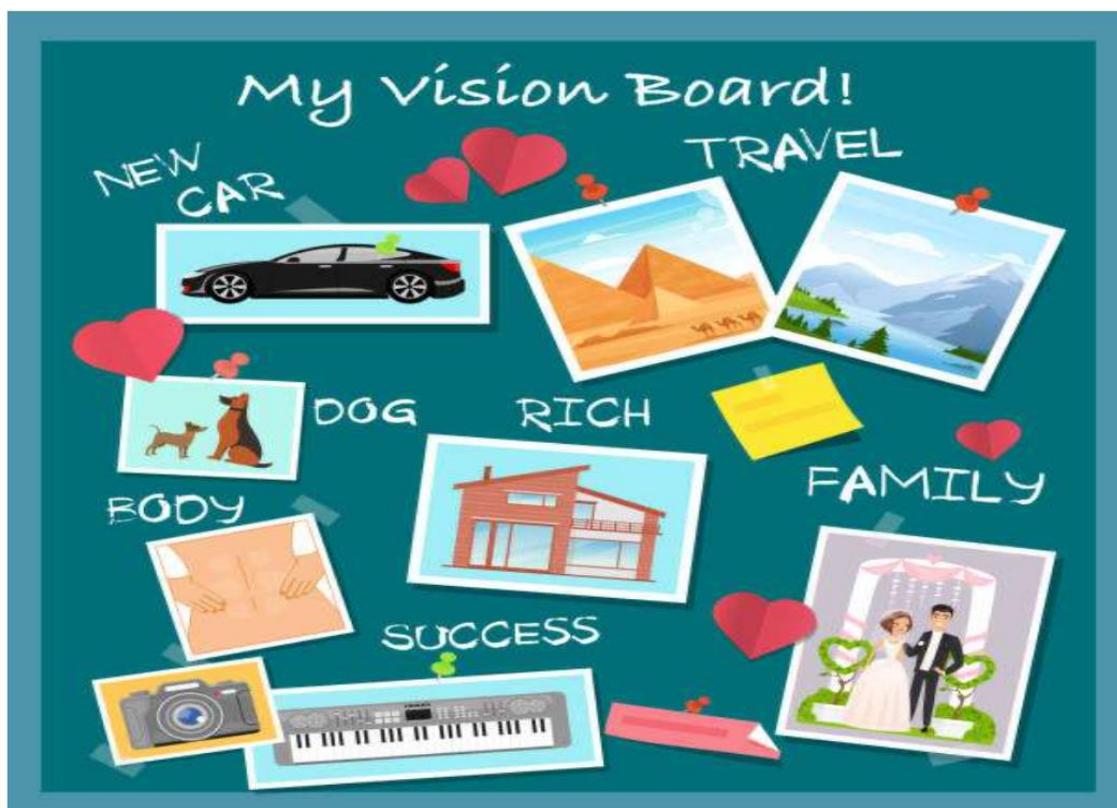
www.oaontario.org

SAVE THE DATE!

The 2026 SCPOAI retreat will be held May 8, 9, 10 2026.

Theme:

A Vision for Me



Camp Hebron
Halifax, PA

This makes a great gift! No price increase for 2026. \$285/double

We Hear You!

“My family of origin could best be summed up as *frequently wrong; never uncertain.*”



A Writing Exercise



Who or what do I truly connect with, depend upon and draw strength from? Have I talked about my Higher Power with my sponsor?

March's Pet of the Month!



Meet Biko, part hound, part wire-haired Jack Russell, and part black cur from Tennessee who landed at a New England dog rescue five years ago. It was there that he was adopted by Susan W. when he was just 7 months old.

Susan named Biko for the South African human rights advocate Stephen Biko. The name suits him. She says that her Biko has taught her a lot: to greet each new day joyfully, to play, to rest, and to expect good, nourishing food at regular intervals. As to the latter, she noticed that even Biko can get agitated when his meal routine is off-kilter. Ahh. He's not just "a cool dog," as she's observed. Susan says Biko's a recovery dog, too.

She still marvels that Biko is so reliably, remarkably cheerful. If he had a motto, it would be *Give Each New Day a Chance!* And he does! Susan says that Biko gives everyone around him a reason to smile. And they do!

Susan's motto? *Be like Biko.*

Biko, we're so glad that you're March's Pet of the month! ❤️

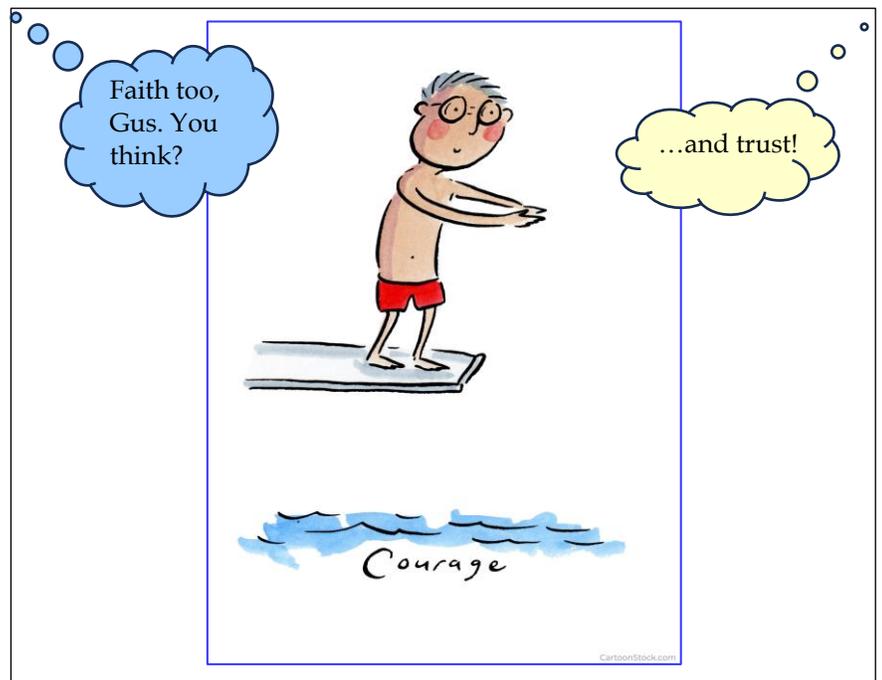
Step 3: Faith

M	G	D	O	S	U	H	N	B	H	L	U	T	N	K	K	M	O	T	Q
J	G	R	C	F	Z	H	I	E	Q	R	Q	W	I	M	A	U	U	X	D
U	H	C	F	D	K	B	R	X	Q	L	W	R	Z	S	T	P	G	U	K
T	E	D	T	R	L	Q	W	P	D	D	Q	V	H	O	H	O	K	A	Q
W	G	T	K	M	D	K	I	T	A	Z	E	C	Z	L	F	W	C	O	B
A	Q	O	J	M	L	Q	L	K	R	U	Q	N	P	U	E	L	F	V	
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W	M	I	R	M	C	S	H	K	U	T	G	U	S	T	R	U	S	T	T
B	D	K	X	E	V	A	Z	R	S	V	G	E	V	M	J	A	O	G	X
X	G	M	D	G	I	D	P	J	R	W	T	L	L	W	L	B	M	Z	Y

Can you find these words?

- Decision
- Relinquish
- Trust
- Accept
- God
- Power
- Solution
- Sanity
- Guidance
- Choice
- Abstinence
- Tools
- Willingness
- Surrender
- Pause

To play this puzzle online, click [here](#).



CALLING ALL TREASURERS!

Does your meeting have 7th-tradition funds over and above your prudent reserve and immediate-future costs? Here are the suggested disbursement guidelines from OA's Board of Trustees.

1. 50% to Philadelphia Area Intergroup via PayPal to treasurer@oa-phila.org, or send a check payable to PAIG-OA at PAIG, P O Box 23, Southampton, PA 18966.

2. 10% to Region 7:
<https://oaregion7.org/>



3. 40% to OA's World Service Office online or by check. Go to <https://oa.org/contribute/> for details.

Please be sure to include either the group # or the meeting name, location, day & time on all checks and correspondence.

EDITORIAL POLICY:

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**Send submissions to:
[northword99@gmail.com!](mailto:northword99@gmail.com)**

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PAIG:

Call or text (215) 385-3076, or
<https://oa-phila.org>

•OA's Region 7:
<https://oaregion7.org>

•OA headquarters, aka World Service Office: <https://oa.org>

•Brandywine Intergroup:
<https://brandywineintergroup.org>

•OA Virtual Region: <https://oavirtualregion.org>

•OA Men's Group: <https://www.oamen.org>

•OA Young People's Facebook Page:
<https://m.facebook.com/OAinfo>

PAIG meetings are held on the 1st Wednesday of each month. This month's PAIG meeting will be held on Wed., March 4th. Next month's will be on Wed., April 1st. The meeting starts promptly at 7:15 pm via Zoom. Contact chair@oa-phila.org for login information. PAIG reps, check your emails from the PAIG Google Group to be alerted to any changes. To subscribe to the Google Group (and the AWARE!), please go to oa-phila.org and enter your email address in the box labeled "Join PAIG's Google Group."